

## **NEW SENIOR CENTER HOURS**

Starting the week of July 6<sup>th</sup>, the senior center stay open until 6:30 p.m. every Wednesday evening and will close at 12:30 p.m. on Fridays. Join us for some of our upcoming Wednesday programs that will include: Music with Jack Craig, a History Lecture Series with our favorite historian Paolo DiGregorio, movies and Senior Suppers. Our Human Services staff will be here during these early evening hours, but meetings with clients will be offered by appointment only.

### **Monday, June 22**

Jay Barrows Office Hour 9:00 a.m.

Chair Yoga 9:30 a.m.

Tai Chi 10:30 a.m.

Scrabble 12:30 p.m.

Knitting 1:00 p.m.

Shaws 1:00 p.m.

### **Tuesday, June 23**

Stretch & Balance 8:30 a.m.

Garden Club 9:45 a.m.

Zumba Gold 9:45 a.m.

Nutrition 11:00 a.m.

Movie Day – “The Imitation Game” 12:30 p.m.

Talespinners 2:00 p.m.

### **Wednesday, June 24**

Strength Training 8:30 a.m.

Zumba Gold 10:00 a.m.

Coffee with the Town Manager 12:30 p.m.

My Life, My Health Workshop 1:00 p.m.

Walmart 1:00 p.m.

Senior Supper Club 4:30 p.m.

### **Thursday, June 25**

Fathers’ Day Luncheon 12:00 noon

### **Friday, June 26**

Stop & Shop 8:30 a.m.

Aerobic Exercises 9:30 a.m.

Cribbage 11:00 a.m.

## **BIG BAND SIGNATURE SONGS WITH JACK CRAIG**

To kick off the first two Wednesdays with our new extended opening hours, Jack Craig will be back with us at the senior center for two programs in July. The Big Band Era of the 30’s and 40’s produced superstar singers, musicians and band leaders. Some of those band leaders were so celebrated that they were recognized by their “signature” or “theme” songs. On Wednesday, July 8<sup>th</sup> at 4:30, Jack will be at the senior center to lead us as we reminisce by singing about two dozen songs that mesmerized dancers by bandleaders with last names beginning with the letters A through J. Then on the following Wednesday, July 15<sup>th</sup> at 4:30 p.m., we’ll cover songs from bandleaders whose last names begin with the letters K through Z. If you’d like to join us for Jack’s fun and entertaining programs of “Music – with Class,” please call the senior center at 508-543-1252 to sign up.

## **SPECIAL PROGRAM**

### **FATHERS DAY LUNCHEON**

Come and celebrate Fathers' Day with us here at the senior center on Thursday, June 25<sup>th</sup> from noon to 1:00 p.m. at our Fathers' Day Luncheon. This is a free luncheon catered by Chickie Flynn's in honor of all the fathers and grandfathers of Foxborough. All men are welcome and invited to treat themselves to a delicious lunch. This is the time to celebrate fatherhood and think about your own dad. If you're interested in joining us, please call the senior center at 508-543-1252 to reserve your spot.

### **SCRABBLE GROUP**

Do you enjoy playing a game of Scrabble or would you like to learn how to play? We've started a new Scrabble group that meets on Monday afternoons from 12:30 to 3:00 p.m. at the senior center. Challenge your mind, enjoy some time with friends and have lots of fun. If you're interested in playing, come join us on Monday afternoons.

### **GARDEN CLUB**

In honor of spring, our Senior Center Garden Club, under the direction of Marsha Lewicke, has started meeting again at the senior center. The next meeting will be on Tuesday, June 23<sup>rd</sup> at 9:45 a.m. We have beautiful table gardens that were constructed for the senior center by Foxborough Rotary Club/Invensys volunteers and the Foxborough Highway Department. This is a great opportunity for you to get some gardening experience with friends. Everyone is welcome and new members are always encouraged to join us. Just give us a call at 508-543-1252 if you're interested in taking part in this fun group as we welcome in the warmer weather and get growing!

### **COFFEE AND CONVERSATION WITH OUR TOWN MANAGER**

Come join us at the senior center for some "Coffee and Conversation" with our Town Manager Bill Keegan on Wednesday, June 24<sup>th</sup> from 12:30 p.m. to 1:30 p.m. Take advantage of this face-to-face opportunity to ask Bill questions, and to discuss issues that may be concerning you about our town. Find out about any new projects going on in town and get a greater understanding of some of the issues facing Foxborough. Please call us at 508-543-1252 to let us know if you'll be coming.

### **SENIOR SUPPER CLUB**

You are invited to join our Senior Supper Club on one Wednesday each month from now through the month of October. Are you tired of eating supper alone? Come on over to the senior center for a nice evening meal and join your friends from the Foxborough Council on Aging and HESSCO Elder Services. On Wednesday, June 24<sup>th</sup>, we'll be enjoying a meal of Chicken Salad on a Croissant, Tossed Salad with Dressing, Three Bean Salad and Tropical Fruit for dessert. The event starts at 4:30 p.m. with supper to be served at 5:00 p.m. A voluntary donation of \$3.00 per person can be given on that evening. Space is limited, so please let us know to save a place for you. Call us at 508-543-1252 to make your reservation and to arrange for transportation, if needed.

### **FOXBORO COMMUNITY OLYMPIC DAY**

Foxboro's 2<sup>nd</sup> annual Community Olympic Day, sponsored by the Foxboro Rotary, will be held on Saturday, June 20<sup>th</sup> at the Stather Field behind the Ahern Middle School. (If needed, the Rain Date is June 27<sup>th</sup> from 9:30 a.m. to 12:30 p.m.) Registration begins at 9:30 a.m. and the Opening Ceremony will start at 10:00 a.m. All are welcome to join the fun with activities that include: Frisbee Toss, Baseball/Softball Throw, Basketball Shot, Hula Hoop, Teddy Bear Race, Fun Table Games and much more. There will be free hamburgers and hotdogs for everyone! For more information, contact the Rotary at [foxbororotary@gmail.com](mailto:foxbororotary@gmail.com)

### **SENIOR CENTER PROGRAMS ON CABLE AND DVD LENDING LIBRARY**

Watch "Your Scene Your Center" on Foxboro Cable Access, Comcast channel 22 and Verizon channel 38, on Wednesdays and Thursdays at 1:00 p.m. and 7:00 p.m. On June 24<sup>th</sup> and 25<sup>th</sup> the featured program will be the Men's Breakfast program with Library Director Jerry Cirillo. All of our senior center programs are available on DVD and can be borrowed from our DVD Lending Library.

## **TRIP INFORMATION**

### **LUNCH AT THE VENEZIA AND TRIP TO THE OMNI IMAX THEATER**

#### **Reduced price for Foxborough residents in memory of Doris Sheward**

Anyone who knew Doris Sheward knew that she loved the senior center and loved traveling with the seniors in years past. Thanks to the generous donations made by friends and family in memory of Doris to the Foxborough Council on Aging and Human Services, we will be able to offer a \$10 discount to Foxborough residents on the cost of our trip to the Venezia restaurant and the Omni Imax Theater. Join us on Thursday, July 16<sup>th</sup> for our day trip into Boston. We'll be leaving Foxborough at 10:30 a.m. and traveling via motorcoach to the Venezia Restaurant in Dorchester for a luncheon by the water. The entrée choices for our sit down lunch are: Boston Baked Haddock, Chicken Parmigiana with Pasta, Steak Tips with Risotto, Chicken Piccata or Pasta Primavera. All meals are served with salad, dessert and coffee or tea. We will be able to enjoy the water views while we eat. After lunch, we'll head over to the Museum of Science where we'll see an informative and exciting show at the Omni Imax Theater. **The cost for Foxborough residents has been reduced to \$71.00 per person.** The cost for all non-residents is \$81.00 per person and includes all gratuities. Payment for this trip will be due by Friday, June 26<sup>th</sup>. If you're interested in joining us, please call the senior center at 508-543-1252 to sign up.

### **GLOUCESTER HARBOR CRUISE & SHOPPING IN ROCKPORT**

On Thursday, August 13<sup>th</sup> we'll be off to Gloucester for a 2 ½ hour cruise of Gloucester harbor and a luncheon buffet aboard the "Beauport Princess." We will be leaving Foxborough at 8:45 a.m. from the rear parking lot of St. Mary's Church. On board the "Beauport Princess," our luncheon buffet will include salad, fresh haddock, Chicken Piccata, ravioli, vegetables and dessert. When we return to shore after lunch, we will head to Rockport for some free time to shop and browse on your own. The cost for this day out is \$81 per person which includes motorcoach transportation, the 2 ½ hour cruise with lunch, and all gratuities. If you'd like to join us, please call the senior center at 508-543-1252 to sign up. Payment will be due by Friday, July 24<sup>th</sup>.

## **MEDICAL INFORMATION AND SERVICES**

### **BLOOD PRESSURE CLINIC**

Our next Blood Pressure Clinic will be held on Tuesday, July 14<sup>th</sup> from 10:00 a.m. to 12:00 noon. The Blood Pressure Clinic is held once a month at the senior center on the 2<sup>nd</sup> Tuesday of each month. Transportation is available. This is a free clinic and is open to Foxboro residents of all ages by appointment only. Please call the office at 508-543-1252 to set up an appointment.

### **S.H.I.N.E**

You can obtain health insurance information and assistance through the SHINE (Serving the Health Information Needs of Everyone) Program. The SHINE program provides free and confidential health insurance information counseling and assistance to Massachusetts residents who are or will be eligible for Medicare and their families. We have SHINE counselors, Judy Murphy and Ed Raider, who can meet with you individually at the senior center on the 1<sup>st</sup> Tuesday and 3<sup>rd</sup> Thursday of the month in the mornings. The next appointments are being scheduled for July 7<sup>th</sup> and July 16<sup>th</sup>. In addition to the SHINE program, Social Worker Pam McGuire and Human Services Coordinator Cathy Varnum are available at the senior center to help answer any questions you may have regarding Medicare and your health insurance options. If you would like to meet with Pam or Cathy, call the senior center at 508-543-1252 to set up an appointment.

## **REGULARLY SCHEDULED**

### **MOVIE DAY**

The movie for the month of June is scheduled for Tuesday, June 23<sup>rd</sup> at 12:30 p.m. and our featured film will be "The Imitation Game." This movie is based on a true story. Alan Turing (Benedict Cumberbatch), a pioneer of computers, led a group of scholars to crack the codes of Germany's World War II Enigma machine. A genius, under nail-biting pressure, he helped to save millions of lives but was ultimately convicted for the crime of homosexuality. Come join us at the senior center to watch the movie and we'll supply the hot, fresh popcorn.

Feel free to bring your lunch to enjoy ahead of time in our Coffee Connection and take in a good movie with friends. Please call us at 508-543-1252 if to sign up.

### **CHAIR YOGA CLASSES**

If you've thought about taking a yoga class, but have felt intimidated by the standing and the bending involved in the various yoga positions, come join us for our Chair Yoga Class at 9:30 a.m. on Monday mornings at the senior center. Chair Yoga is a gentle form of yoga that can be done while sitting on a chair or while standing and using a chair for support. The yoga positions used in the class will help to increase your flexibility, range of motion and core body strength while also incorporating the breathing and mind-body benefits of traditional yoga. This class is led by YMCA-certified instructor Michelle Laller, and there is a \$2 charge for each session.

### **ZUMBA CLASSES**

Zumba classes are meeting weekly in the senior center on Tuesday mornings from 9:45 a.m. to 10:45 a.m. and through August 19<sup>th</sup>, Wednesday's Zumba classes will be held from 10:00 to 11:00 a.m. Zumba is an exercise program inspired by Latin dance that combines Latin rhythms with cardiovascular exercise to create an aerobic routine that is fun and easy to follow. Come and learn some Latin dance moves with our instructor Bilyana "BB" Dimitrova, and have some fun while getting in shape. There is a \$2 charge for each class.

### **JAY BARROWS' OFFICE HOURS**

State Representative Jay Barrows holds office hours at the senior center on the 4<sup>th</sup> Monday of every month at 9:00 a.m. His next visit will be on June 22<sup>nd</sup>. Come to the convenient location of the senior center to take advantage of this opportunity to meet Representative Barrows, have your concerns heard, or to simply get information.

### **MANICURES**

Our manicurist Sheri Thorpe will be at the senior center on Tuesday, June 30<sup>th</sup> beginning at 9:00 a.m. for 20 minute appointments. Sheri uses OPI products. Just call us at 508-543-1252 to make your appointment for this service that will leave you feeling and looking great.

### **JOIN US FOR TAI CHI**

Come and try a Tai Chi class. Tai Chi is held on Mondays from 10:30 a.m. to 11:30 a.m. Our instructor, Jeanne Donnelly, has been teaching exercise for many years. In addition to her Tai Chi instruction, Jeanne is a personal trainer and teaches Qi Gong and Yoga. There is a \$2 charge for each class. Take advantage of this great opportunity to try something new and fun for your general well-being. Come ready to move and stretch in your loose clothing and sneakers or comfortable flat shoes. Thank you to the Friends of Foxborough Seniors for their partial funding of this program.

### **STRETCH AND BALANCE**

On Tuesdays from 8:30 a.m. to 9:30 a.m. we are offering a "Stretch and Balance" class at the senior center. YMCA-certified instructor Joyce Collins leads this low impact form of exercise incorporating adapted yoga moves, balancing, stretching, toning, breathing and relaxation. Many of the exercises are done with the participants seated in chairs. This class is appropriate for all levels and there is a \$2 charge for each class. Come and give it a try!

### **STRENGTH TRAINING**

Our Wednesday morning exercise classes begin at 8:30 a.m. every week and feature stretching routines and exercises that focus on the stomach, legs, arms and shoulders. During our class we also use small hand weights as we work on our conditioning and our strength training. YMCA-certified instructor Bobbie Rodman leads our class, and there is a \$2 charge for each class. This class is open to both men and women, so come join us. It is a great opportunity to get in shape and have lots of fun at the same time.

### **BINGO**

Come and join us for Bingo at the senior center on the first Tuesday of every month. Try your luck and win cash prizes in varying amounts. There is a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, July 7<sup>th</sup> from 1:30 p.m. to 3:00 p.m. Please call us at 508-543-1252 to let us know if you'll be joining us. This event is sponsored by the Friends of Foxboro Seniors.

## **SHOPPING**

We will be going to Shaw's on Mondays at 1:00 and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. We also schedule other shopping trips on Wednesday afternoons at 1:00 p.m. If you would like to go on the van, please call the senior center at 508-543-1252 to arrange for a ride. The following is a list of other shopping trips and outings we have planned:

June 24 – Walmart

July 1 – Christmas Tree Shop

## **MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45 A.M.**

**If you plan to eat, give Marcia at least two days notice by calling 508-698-0754.**

**Please note that after many years without an increase in price, the suggested donation is now \$3.00. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.**

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

### **Monday, June 22**

Chicken Broccoli Alfredo

Penne Pasta

Multigrain Roll

Peaches

### **Tuesday, June 23**

BBQ Pork Patty

O'Brien Potato

Chuck Wagon Vegetables

Honey Wheat Bread

Fresh Orange

Calories 350

Sodium 520

### **Wednesday, June 24**

Chicken Piccata

Whipped Potato

Mixed Vegetables

Wheat Bread

Birthday cake

Calories 380

Sodium 505

### **Thursday, June 25**

Stir Fry Beef

Dirty Rice

Oriental Vegetables

Oatmeal Bread

Tropical Fruit

Calories 281

Sodium 484

### **Friday, June 26**

Potato Pollock  
Tartar Sauce  
Au Gratin Potato  
Summer Vegetables  
Hamburger roll  
Pears  
Calories 571  
Sodium 513